

***PASSIVE AND ACTIVE RANGE OF MOTION (ROM) EXERCISES IN  
OSTEOARTHRITIS PATIENTS AFTER TOTAL KNEE REPLACEMENT  
(TKR) SURGERY TO PREVENT KNEE JOINT CONTRACTURES IN  
EDELWEISS A AT RSUD KARSA HUSADA BATU***

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***ABSTRACT***

*Osteoarthritis is one of the degenerative diseases that often causes damage to the knee joint and leads to limited mobility. Total Knee Replacement (TKR) is an operative procedure performed to overcome pain and stiffness due to OA. However, post-TKR patients have a high risk of experiencing joint contractures due to immobilization and post-operative pain. The purpose of this scientific paper is to assist the treatment of passive and active ROM exercises in post-TKR osteoarthritis patients to prevent delivery contractures. The method used was a case study with a nursing care approach to one patient in the Edelweis A room at Karsa Husada Batu Hospital for four days. Interventions in the form of passive and active ROM exercises were carried out on each shift, accompanied by monitoring of vital signs, pain, and muscle strength. The results showed a gradual increase in muscle strength from 2/5 to 4/5, a decrease in the pain scale from 6 to 3, and an increase in joint range of motion without complaints of excessive pain. The patient showed active participation and high motivation in doing the exercises and no signs of delivery contracture were found during the intervention period. The conclusion of this care is that regular passive and active ROM exercises are effective in preventing joint contractures and improving the mobility function of patients after TKR surgery.*

***Keywords:*** *Osteoarthritis, Total Knee Replacement, Active and passive ROM, Joint contractures*